



Cara y Corazón

Transformational Healing & Development

PURPOSE

Cara y Corazón directly addresses a variety of Cargas (baggage issues) that families face and at the same time the program acknowledges and builds on the cultural integrity of the parent's background.

CORE TEACHINGS

Conocimiento

(Acknowledgement), which addresses social & cultural attachment.

Entendimiento

(Understanding), which addresses social & behavioral factors such as violence & aggression as well as the ability of youth to focus on goals.

Integración

(Integration), which addresses factors in the broader culture that may lead to feelings of isolation & sadness.

Movimiento

(Movement), which addresses how the physical & emotional aspects affects the family's life.

PROGRAM OVERVIEW

Cara y Corazón is a family strengthening, leadership development program that maintains that at the base of every culture, community, family and parent are resiliency factors that can be tapped to assist parents and family members to build positive, healthy relationships with their children and themselves.

Workshop Sessions:

- ✓ Acknowledgment
- ✓ My Family, My Heart
- ✓ Character Development
- ✓ Gifts and Baggage
- ✓ Values with Value
- ✓ Growing and Learning
- ✓ Parent and Teacher, the Purpose
- ✓ Tradition and Ceremony
- ✓ Getting to Know my Family Again

LOCATION:

Latino Center of the Midlands
4821 South 24th St. Omaha, NE 68107

DAY & TIME:

Thursdays
5:30 - 7:00PM

PROGRAM DURATION:

16 Weeks

QUESTIONS:

To learn more or to make an appointment about Cara y Corazón, please contact Leticia Crisman at: 402-733-2720 Ext 1211